

# LEISURE LINE ONLINE • Winter/Spring 2017

Leisure Line online at [www.stpetersmo.net/leisure-line](http://www.stpetersmo.net/leisure-line)



## Fitness Classes



### KETTLEBELL CLASSES

**FREE TO GOLD PLUS MEMBERS!**  
**\$12/Passholder • \$32/General Public**  
**Four 30-minute classes**



Kettlebell class is a complete, 30-minute workout that will sculpt, tone and transform your body. It's a great way to get in or stay in shape. Working with a kettlebell increases strength, endurance and agility while challenging the cardiovascular and muscular system with dynamic functional movements.

44239	12/3/16	Sat	9:30 - 10:00 am
44237	12/8/16	Thu	6:30 - 7:00 pm
44765	1/3/17	Tue	6:30 - 7:00 pm
44766	1/5/17	Thu	6:30 - 7:00 pm
44769	1/31/17	Tue	6:30 - 7:00 pm
44770	2/2/17	Thu	6:30 - 7:00 pm
44773	2/28/17	Tue	6:30 - 7:00 pm
44774	3/2/17	Thu	6:30 - 7:00 pm
44777	3/28/17	Tue	6:30 - 7:00 pm
44778	3/30/17	Thu	6:30 - 7:00 pm
44781	5/2/17	Tue	6:30 - 7:00 pm
44782	5/4/17	Thu	6:30 - 7:00 pm

### KETTLEBELL FOR BEGINNERS

**\$28/Passholder • \$38/General Public for**  
**Eight 30-minute classes**  
**FREE TO GOLD PLUS MEMBERS!**



The Kettlebell for Beginners class teaches basic kettlebell lifts with a strong emphasis on form and technique. This slower paced class will introduce the core set of exercises to a kettlebell workout. If you have little or no experience with a kettlebell, you're required to take the beginner class. The half-hour class meets twice a week. Once you have successfully completed Kettlebell for Beginners, you will have the skills needed for Kettlebell or Advance Kettlebell, which are faster paced workouts. You must register in advance for this class - no drop-ins allowed.

44150	12/6/16	Tue,Thu	6:00 - 6:30 pm
44141	1/3/17	Tue,Thu	6:00 - 6:30 pm
44783	1/3/17	Tue,Thu	6:00 - 6:30 pm
44785	1/31/17	Tue,Thu	6:00 - 6:30 pm
44787	2/28/17	Tue,Thu	6:00 - 6:30 pm
44789	3/28/17	Tue,Thu	6:00 - 6:30 pm
44862	5/2/17	Tue,Thu	6:00 - 6:30 pm